



December 2004

Camp Nirvana? BLM's Bering Glacier Camp in Southeast Alaska

When the DeHavilland Beaver touches down on the gravel airstrip at BLM's Bering Glacier research camp in Southeast Alaska, expect to be greeted by either **Chris Noyles** or **Scott Guyer**. One or the other is usually at the camp from July to mid-August, meeting and tracking planes and helicopters and specialists and doing whatever it takes to keep the remote research camp running. Call them the camp managers. It's rare for both of them to be in camp at the same time but when their schedules overlap, it's so much better. A typical day begins around 7 a.m. and ends at 11 p.m.

"It's like being on call all the time," says Noyles, who usually has a King radio attached to his ear. Throughout the day, he's in constant communication with the two helicopter pilots shuttling researchers from one study area to another. He has a brief conversation with Marilyn Barker with the University of Alaska, who is leading a group hiking through the nearby hills in a search of plants and flora. She's checking in and tells him everything's okay with her group. On the other side of Vitus Lake, he calls Ian Shennan and Sara Hamilton from the University of Durham in England who are coring the ground in search of diatoms. They've just finished and will be making the 40-minute Zodiac™ ride across the lake back to camp. They are just a few of the researchers working at the Bering



Chris Noyles stands among the iceberg-littered Bering Glacier.

this year.

Guyer says 646 people days were recorded at the Bering camp for the 2004 summer field season. Researchers come to study the Bering's unique ecosystem and are affiliated with the universities of Alaska, Michigan, Utah, and Durham England, and the U.S. Geological Survey (USGS). Most are returnees and probably more researchers would come if word got out of the Bering's devastating beauty and unique resources.

The BLM, in cooperation with the USGS oversees inventory and research programs from glaciology to ecology at the glacier to better understand the dynamic changes of the glacier's unique ecosystem. The glacier, the largest in North America, encompasses 3,216 square miles and is 118 miles long.

It is known for its surges, having surged five times in the 20th century. Its post-surge retreats have created a dynamic landscape of invertebrate fossils, lake sediments and previously overrun forests eager to be studied by researchers.

The Bering camp sits on a hill overlooking the iceberg-filled Vitus Lake and the glacier fills the horizon as far as one can see. It takes some doing, however, to get to the camp. Usually it requires a flight to Cordova, a small fishing town in Southeast Alaska, and then a 50-minute charter flight which takes you over green tundra, mountains and rivers before you settle down at the camp with its spectacular setting. The camp is fully equipped with a kitchen, dining room, out-houses and heated tents for its residents. Showers were recently

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Mongolian VIPs Make Pipeline Office a Priority

by **Rhea DoBosh**

The Joint Pipeline has its share of VIP visits and its most recent VIP visit was with his Excellency, Ravdan Bold, Mongolian's ambassador to the U.S. and his assistant Sukhbaatar Altantsetseg, Second Secretary, on Nov. 8.

The Alaska Department of Military and Veterans Affairs hosted the two-day whirlwind visit to Alaska when the ambassador met with State officials, community leaders and JPO staff. The ambassador was briefed on rights-of-way permits, environmental protection, pipeline operations and oversight processes.

A tour of JPO records section was a must. The mere mention of records is usually enough to elicit grimaces and stifled groans from others, but not so with the Mongolian dignitaries. The ambassador was extremely interested in JPO's map room and records system.

While Mongolian petroleum operations legislation now comprise, one small handbook, they recognized the importance of establishing a records system for the future.



JPO's deputy officer Nolan Heath (l) discusses similarities between Alaska and Mongolia with Ravdan Bold, Mongolia's ambassador to the U.S.

Mongolia, a pro-development country has oil, gas and mineral resources and is heavily dependent on international investment. This young democracy is caught between a once nomadic culture to one becoming increasingly urban. Like Alaska, it has few roads, a sparse population, harsh climate

and one large dominant city. This land locked country snuggled between Russia and China is currently developing what may be the largest copper and gold finds in the world in the Gobi Desert. *DoBosh is the public information officer at the Joint Pipeline Office.*

Innovation Provides Cultural Bridge

by **Marnie Graham**

In consultation with Dena' Inaq' Titaztunt, the BLM has entered into a contract with the village corporation to obtain cultural and historical information concerning village and tribal members living in areas affected by BLM's East Alaska Resource Management Plan. The contract allows for BLM to interview elders to obtain sensitive information about significant places managed by the BLM but not typically shared in public forums. Glennallen field manager **Ramone McCoy** and land use planner **Bruce Rogers** and

archaeologist **John Jangala** came up with this innovative approach to meet consultation requirements established by federal law, executive order and Department of the Interior guidance.

Interviews unravel Native land uses, traditional trails and significant sites which are then identified on modern topographic maps using Native place names provided by elders. References to traditionally important places are being kept confidential among involved parties so sensitive archaeological sites and sacred sites are not compromised. This information will be used by all participants and the



Ramone McCoy is the field manager for BLM's Glennallen Field Office.

process lends itself to future collaborations on mapping, research monitoring and archaeological research projects. *Graham is the outreach specialist at the Glennallen Field Office.*

Employee Profile

Several Northern Field Office employees sighed with relief at the grand opening of the Arctic Interagency Visitor Center in Coldfoot in late June. After years of work and collaboration among the BLM, National Park Service and Fish and Wildlife Service, the facility was finally a reality.

Perhaps no one deserved to sigh more loudly than park ranger **Lenore Heppler**, BLM's project manager for the visitor center since 1999. She was involved in nearly every aspect of the project, from exhibit and building design to contract management. In November, Heppler's hard work was officially recognized in Grand Rapids, Mich., where she received BLM's 2004 Silver Award for Excellence in Interpretation or Environmental Education at the National Association for Interpretation's annual meeting.

Heppler was cited not only for her administrative skills but also for her ability to build and maintain successful partnerships with other agencies, local communities and the tourism industry.

"She's got a very strong and dynamic focus on trying to keep everybody involved, excited, motivated and informed," says NFO supervisory team leader **Tom Edgerton**, who worked with Heppler during the project's early phases.

Heppler joined NFO in 1995 after five years as assistant manager of the Alaska Public Lands Information Center in Fairbanks. Her experience includes two seasons with the Forest Service as a shipboard interpreter on ferries of the Alaska Marine Highway System, as well as interpretive assignments for the Tetlin National Wildlife Refuge.

Heppler recently reflected on the project:

When did you start working on the visitor center?

"It was in June 1995 when I came to work at BLM. The visitor center was in the works, but it was down the road. I mean, there was no funding for it. The first thing we did was an interpretive site plan for the visitor center. From that we had one of our partners, the National Park Service, make a model of what the building could look like. And that helped us get funding. When we got the funding, then it just took off like a shot.

"Originally, I was going to be the interpretive specialist. The project manager, **Jim Sisk**, retired soon after we got the funding. Then it was, 'Well, who's going to oversee the whole project?' So I got that job on top of the exhibits."

What part of the project was most satisfying?

"I learned so many different things. I was always learning something — from how to punctuate a sentence on the text to how to build septic systems in the Arctic. That was real gratifying and one reason I love this profession.

"We had strong interagency support. Not just support — they did much of the work. Particularly from Jeff Mow with the Park Service, who was involved early in the project, and Tom Edgerton, when he was at Fish and Wildlife."

What were some of the challenges you faced?

"First off, it was making sure that we all had the same vision for the center, not just across agencies — although across agencies was a major part of it — but with all the players. In hindsight, if I could do this again, I would make sure the vision was clearer to everybody, that we had consensus on what the visitor center would be.

"Another thing that I learned a lot about is that you can't 'spec' art when you're trying to write a contract. And that's what interpretation is — it's art.



Lenore Heppler

It's not like building a table. What one person looks at and says, 'That's done,' the next person will look at and say, 'That's not done.' You can't specify that in the contract, so that makes it very difficult to try to do this real fluid process in the very regimented system that the government has.

"My biggest frustration was that every bid came in way over what we expected. I don't know if our expectations were too low. There were certainly other factors. The day we were supposed to have the pre-bid meeting for the construction of the visitor center was 9-11. A lot of people think that costs for construction projects in general shot up that day because there was so much unknown."

Now that the visitor center has opened, what are you up to?

"I'm still working on the visitor center. We're building the trails that are on the site and putting interpretive panels in there. We're finalizing one of the exhibits, a large globe of the Arctic. There's an audio piece that needs to be done yet. And I'm finishing up a wayside exhibit project that includes installation of 40 signs on the Dalton Highway." *Written by Craig McCaa, writer-editor for the Northern Field Office.*

Remembering President Reagan



Thousands of residents turned out to see the Pope who visited Fairbanks the same time as President Reagan.

by Robert King

Former President Ronald Reagan's recent death reminded me of his visit to Fairbanks in 1984. More than 20 BLM employees were involved with Reagan's trip and his historic meeting with Pope John Paul II in early May. I was stationed in Fairbanks from 1981 to late 1984 and was able to be a part of this historic opportunity along with current employees **Don Keill**, **Patty Olson**, **Mary Jane O'Daniel**, and **Don Erickson**.

In mid-April of that year, I was working for the Arctic Resource Area in Fairbanks and recall an intercom announcement asking for employees interested in helping with the upcoming presidential

and papal visits. We were cautioned that it would be on our own time, so many folks chose not to participate. But to me, and others, the opportunity sounded too exciting to miss.

We were tasked with logistics during the two-day event, mainly shuttling people to and from scheduled functions in rented vehicles or government cars.

Jim Hooley, the President's Lead Staff Advanceman, arrived in late April with the Secret Service to make arrangements and ensure another assassination attempt wouldn't be made on either President Reagan or the Pope. (In March 1981, only a few months into his presidency, Reagan was nearly killed. On May 13 of that same year,

Pope John Paul II was shot and severely wounded.)

As May approached, Fairbanks papers were filled with speculations as exact plans for the historic event were kept secret for security reasons. On April 29, Hooley doled out assignments to the BLM volunteers. **Keill** and **O'Daniel** were motor pool drivers assigned to the presidential staff and others. **Olson**, **Erickson** and I were assigned to be drivers in the presidential motorcade. It was quite an exciting time.

The historic visit on May 1-2, 1984, was the result of overlapping schedules. President Reagan, who was returning to Washington, D.C., following a 20,000-mile trip to China, was in Fairbanks the same time Pope John Paul II was on his way to Korea.

Olson remembers the evening of April 30, when "important people" were about to arrive. She and **Bill Robertson**, former public affairs chief in Fairbanks, drove rental cars pacing from one side of the airport to the other to pick up passengers around 9 that evening. No one ever showed up.

However, a cold drizzle greeted Air Force I and II around 3 a.m. on May 1. On board were President Reagan, First Lady Nancy Reagan, key staff and notables including Secretary of State George Schultz, Chief of Staff Jim Baker and *Los Angeles Times*' reporter Jack Nelson. Everyone



President Ronald Reagan and Pope John Paul II addressed the crowds.

needed transportation and the President and First Lady were driven to then-Sen. Frank Murkowski's home off Chena Pump Road.

Keill recalls shuttling people around town for what would be a short night. **Erickson** drove George Schultz's security people, while **Olson** escorted the wives of important attendees.

My involvement began the morning of May 1, when I was dispatched to the Murkowski residence. I was assigned to drive the seventh car in the presidential motorcade, transporting two doctors who always traveled with President Reagan.

The motorcade arrived at the Patty Gymnasium on the UAF campus, where President Reagan received a warm reception by an audience of 3,000.

Motorcade drivers were required to stay with their cars. Our work ended around 2:30 p.m. that day after we returned our passengers to their accommodations. It was an interesting day, but the real excitement was yet to come.

On May 2, I left to pick up my car, the "Staff III," a little before 6 a.m. to avoid possible traffic problems and the expected large crowds. By 9:30 a.m., we collected the President, First Lady and other staff from the Murkowski home. Police escorted the president's bullet-proof limousine. While I drove, I took photographs, much to my passengers' surprise. I ended up with some special photos, including one of the First Lady exiting the presidential car.

We dropped off our passengers, parked our vehicles, headed to the front of the crowd, and were rewarded with a good view of Reagan's meeting with the Pope, who

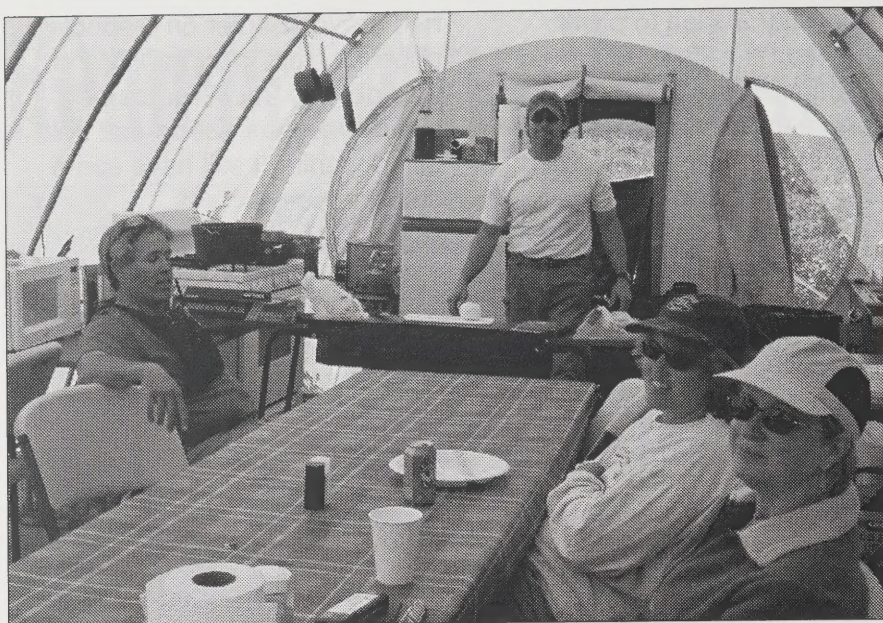
had arrived earlier on a special papal aircraft. The grandstand was decked out in red carpet, which was later cut up and sold as souvenirs (I still have some small pieces).

At 11:15 a.m., following a semi-private meeting inside the airport, the president and his party departed for Washington, D.C., while the Pope gave a short speech, blessed the people of Fairbanks and met with local Catholic officials.

By 1 p.m., the Pope had also left the city. I returned my car and headed back to my regular job, spending the rest of the day sharing stories of my unique experience with my co-workers. *King is the state archaeologist at the Alaska State Office*



Northern Field Office employees Patty Olson, Don Erickson and Mary Jane O'Daniel with the Alaska Fire Service have fond memories of their involvement in the 1984 presidential visit to Fairbanks. Not shown is Don Keill.



(l-r) Bering mess tent. Chris Noyles takes a breather while Scott Guyer contemplates what to make for the evening meal. Seated are Jody Weil and Teresa McPherson.

continued from page 1

added, a fact which Guyer doesn't like to advertise because he thinks daily showering may detract from the "true" field experience.

This year, Noyles and Guyer received additional help from **Nathan Rathbun**, a warehouseman with the BLM Campbell Tract Facility. Rathbun initially set up and expanded the camp's plumbing and electrical systems but ended up being camp manager for a while when Noyles and Guyer were unexpectedly called away. Noyles marveled at Rathbun's improvements and sees him as having a continuing role in the camp's development.

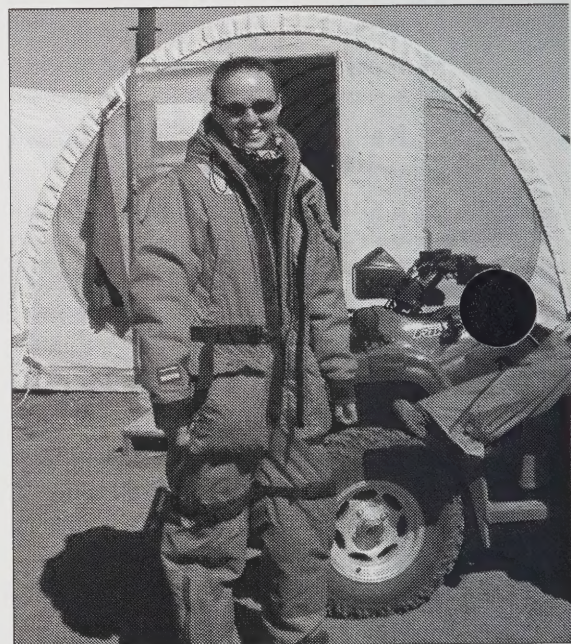
For Noyles and Guyer, working at the glacier is perhaps the highlight of their year. Both have

other jobs with the BLM. Noyles is an imagery specialist with the Resources branch and Guyer is a natural resource specialist with Cadastral Survey. Both gladly juggle their responsibilities to squeeze in the time to run the camp because they believe so strongly in the work being done there.

The BLM spends about \$200,000 a year operating the camp, mostly for logistical support – food, supplies, helicopter time, etc. The scientists do their financial part by having multi-year grants fund their research at the Bering. A challenge cost share arrangement works out that for every \$10 spent by our partners, BLM spends \$1. Ever expanding partnerships play a huge role in the camp's success.

The BLM has been operating

the Bering camp since 1994 when it took over its operation from the USGS. The camp's original purpose was to support the study of the glacier's movements. But **John Payne**, BLM's statewide wildlife biologist, saw its greater potential. He had the foresight to enter into agreements with universities, nonprofit organizations and other agencies to expand the scientific studies. He stipulated that all participants share their scientific findings. This is done in many ways, whether it's a shared website (via the Bering Glacier web portal), in conferences or during the evening round robin at the camp. These discussions occur at the end of



British researcher Sara Hamilton waits patiently for Expedition 2 before they travel in a Zodiac™ across Vitus Lake.



each day when the researchers return from the field. Sitting around a roaring bonfire, the specialists talk about their findings. The conversations are always spirited as Garrett Shultz, a student from Service High School, can attest. He was one of four students recruited by BLM to work at the camp. He says it was daunting at first but eventually everyone was comfortable with the exchanges. Shultz says he learned the most when the scientists argued how their findings sometimes contradict theory. He also says he would never be exposed to such a discussion in a classroom.

Nicole Swanson, another stu-



Evenings around the campfire are a time for sharing scientific findings and opinions.

dent, reaffirmed her career goal by saying, "I don't want to sit in an office all day." She got her wish by helping out with different projects during her three-week stay at the camp. One of her assignments had her don a flight suit and ride a helicopter with UAA graduate student Heidi Wagner visiting a network of streams. They measured and identified fish collected from fish traps and made discoveries of unusual and rare fish like a subspecies of the stickleback.

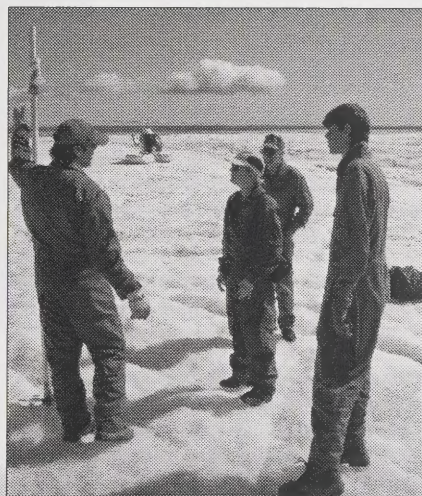
This coming year should be an exciting one for the camp. The National Science Foundation recently awarded the University of Utah a \$5 million dollar, five-year grant to study plate tectonics and global and climate changes at the Bering Glacier. And word has it that BLM's Resource Advisory Council

will tour the camp and talk with researchers in August. A Bering Glacier symposium is scheduled for February.

So with summer only five months away, Noyles and Guyer know they have their work cut out for them in preparation of the upcoming field season. - Editor



Wildlife Affairs Teresa McPherson to get into a float suit



Atop the Bering Glacier, Scott Guyer explains how the glacier's movements are measured.

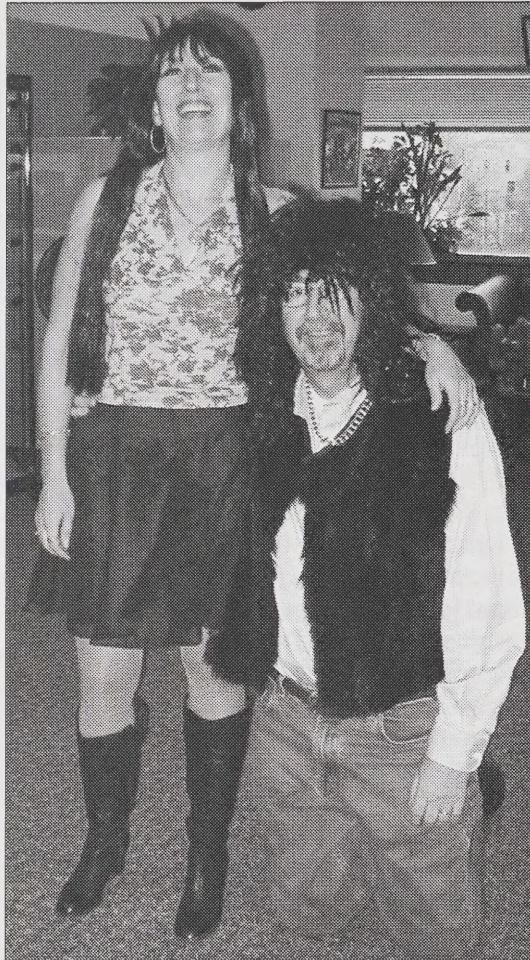


The Bering Glacier, Southeast Alaska

COOL NEWS

BLM's own Sonny and Cher?

Minerals DSD **Colleen McCarthy** and State Director **Henri Bisson** did their own interpretation of the famous couple at the December all employees meeting. Bisson also received a very much deserved Ambassador of Morale award for all he's done to promote employee morale.



A Case of Mistaken Identity

External Affairs incorrectly identified **Vicky Hawkinson** as co-worker **Susan Ryherd** during an awards PowerPoint show at the December all employees meeting. The real Hawkinson received a Star award for her contributions to the acquisitions program. Both

employees work in Procurement, Hawkinson is a procurement analyst and Ryherd is the grants and agreements specialist. This is the second year Hawkinson was misidentified and External Affairs regrets the error.



Vicky Hawkinson



Susan Ryherd



Dear Editor:

It was with interest that I read of preparations of your O&G lease sale on NPRA Alaska. I was the first and second last BLM Alaska OCS Office Manager. I well remember the hard work and excitement that preceded the first sale we held in the Gulf of Alaska. The sale was a success with submitted bids totaling \$1.75 billion. High bids totaled well over \$571 million. Unfortunately the exploratory drilling resulted in dry holes. The Symbionese Liberation Army threatened to bomb the sale venue. Fortunately the only violence was the filling of our office door locks with epoxy the morning of the sale. Fortunately USGS had left a window unlocked in their office on the floor below ours, so the prep work was completed without further incident.

My 15 years with Alaska BLM ('52-'62 and '73-78) were the highlights of a long and rewarding career. My children learned to be resourceful as they grew up in Alaska. This is evidenced by their successes- son Dick is Dean of Liberal Art and Sciences at University of Nebraska; daughter Jane is office manger for a major environmental concern; son Jim is an attorney for Qualcomm. My wife Bonnie and I will soon be leaving the desert of Nevada for Texas to be near my daughter and family.

Ed Hoffman

Glennallen's Auctioneering Family Is Very Much in Demand

by Marnie Graham

"I'm at 24 hundred here, put 'em at 25 hundred. Would ya go to 25 hundred dollarrrrrs?...Sold out! 24 hundred to bidder number 8!" heralds auctioneer and off-duty GFO ranger **Rohn Nelson**. Nelson started auctioneering at 18. He explains, "My twin brother, Johnny, and I were told by our mother that we would be attending Western College of Auctioneering in Billings, Mont. She felt we had talent and could put it to good use." Rohn and his brother occasionally work a crowd together. "We can sell anything," states Rohn matter-of-factly. "Once, we sold our professor's shoes right out from under him."

Rohn's wife, GFO purchasing agent **Lori Nelson**, and their two teenage daughters Tahra and Timbra, complete this very much in-demand auctioneer family. They usually do 10 auctions a year with the understanding that the event is for a good cause. Bidders pay close attention as the pace is fast and an item goes about every 2 to 3 minutes. Rohn depends on Lori and daughters to do the important



Rohn and Lori Nelson, employees of the Glennallen Field Office, make auctions a family affair by including their daughters in their many auctioneering events.

task of organizing and displaying merchandise.

A typical night might raise \$20,000–\$30,000 for wildlife and habitat enhancement organizations such as the Rocky Mountain Elk Foundation, the Foundation for North American Wild Sheep, and the National Wild Turkey Federation. The family also presides at auctions for community group fundraisers such as the local

library and school district. "I do it because I support the organizations and believe in what they're doing," explains Rohn. "It's also a fun way to share time as a family, and it's an opportunity to instill in our kids the value and responsibility of being stewards of our natural resources."

Graham is the outreach specialist at the Glennallen Field Office.

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Robin Rodriguez, 271.3768



New hires Jenny Anderson and Satrina Lord in Conveyance Management were all smiles at Local Perspectives, a new employee orientation program held in October in Girdwood. About 60 participants were taught the ropes by senior management and staff.

BLM and its Historic Sitka Blockhouse

by Donna Gindle

In 1799, Alekandr Baranov settled an area 7 miles north of No-voarkangelsk (present-day Sitka). Following battles with territorial Tlingits in 1802 and 1804, the Russians constructed a stockade and three blockhouses to protect the settlement. The 0.063-acre parcel of land that one of the blockhouses occupied came back into BLM's hands almost 30 years ago.

In September, BLM employees installed four interpretive panels highlighting the rich Russian and Tlingit history at the site in downtown Sitka. Two panels interpreting the replica blockhouse are on BLM land; the other two panels (one highlighting the church built into the stockade and one highlighting Orthodox Priest St. Yakov) are located nearby on Orthodox Church land. Duplicates of the interpretive panels will be displayed at the Anchorage Federal Building.

Archaeologist Donna Redding of the Anchorage Field Office recently recounted the history behind the Sitka Blockhouse project:

"The incentive for the Sitka Blockhouse project originally came in 1993 from **Jeff Denton**, AFO subsistence specialist, when he and I were working on another project in Sitka. As we slogged back and forth through the Sitka rain, Denton would comment that BLM should do something with the blockhouse. Consequently, I began to do some research. After gathering information and securing funding, a core team including **Gene Ervine**, **Carol Belenski**, and me, began developing interpretive panels for the site. **Kim Mincer's** fine art drawings and **Dot Tideman's** watercolors were major contributors.

"Our first task was to explain why an octagonal blockhouse replica



Gene Ervine, Carol Belenski and Donna Redding stand next to one of the interpretive signs at BLM's blockhouse in Sitka.

replaced a D-shaped blockhouse, the original blockhouse that was dismantled in 1899. The octagonal blockhouse stood at its original location until 1921 when it was demolished because the metal in the building interfered with readings of the Sitka Magnetic Observatory. The citizens of Sitka then raised money to build a replica of that blockhouse. It was constructed in 1926 in the totem pole park which later became the Sitka National Historic Park.

"The National Park Service was unhappy with a replica of a Russian fortification in the middle of a display of Tlingit totem poles. This was also the site of the Tlingit fortress where the battle of 1804 was fought against the Russians.

"As the decades passed, the replica blockhouse deteriorated. In 1959, the replica was demolished and burned precipitating a public

outcry. The NPS built another replica of the blockhouse in 1962 but decided to place it in a more appropriate place — the site of the D-shaped blockhouse managed by the BLM. The park service managed this site under a memorandum of understanding (MOU) with BLM.

"In 1977, the State of Alaska applied to BLM for a 25-year recreation and public purposes lease of the blockhouse site and the park service relinquished its MOU. The state then realized that it was financially unable to accept responsibility for the blockhouse and BLM found itself responsible for the structure."

During the project, the BLM worked with the Sitka Tribe of Alaska, St. Michael's Orthodox Church, and the city and borough of Sitka. *Gindle is the public affairs specialist at the Anchorage Field Office.*



Julia Dougan

New associate state director **Julia Dougan** will report to the Alaska State Office in early February 2005. She's currently the district manager at BLM's Eugene District Office with the oversight of 300,000 acres of public land and a staff of 200 employees.

Comings

Sharon Deuter, land law examiner, Conveyance Management

Marnie Graham, outreach specialist, Glennallen Field Office

Bill Hamlet, budget analyst, Support Services

Kevin Keeler, Iditarod National Historic Trail administrator, Anchorage Field Office

Mary Kenick, land transfer liaison specialist, Conveyances

Richard Lagesse, EEO specialist, Alaska Fire Service

Satrina Lord, land law examiner, Conveyances

Will Runnoe, lead outdoor recreation planner, Glennallen Field Office

James Sipary, Sr., outreach specialist, Conveyance Management

Leif Eric Sorlie, mechanic, Anchorage Field Office

Cheryl Young, staff assistant, Anchorage Field Office

Goings

Jane Albrecht, library technician, Juneau-John Rischel Mineral Information Center

Courtney Alston, finance technician, Joint Pipeline Office

June Bailey, Anchorage Field Office manager to Lewistown, MO

Cathy Dewar, EEO specialist to DOD, Korea

Keith Newsome, IT specialist (system administrator), Support Services to DOD, Florida

Don Pino, management analyst, Conveyance Management

Regina Scantlebury, secretary, Support Services to Department of Labor, San Francisco

Transition

Karon Goslin, staff assistant, Energy and Solid Minerals to land law examiner

Charles Luddington, visual info spec, Geographic Sciences to EEO specialist

Dave Mushovic, realty specialist, Glennallen Field Office to realty specialist, Resources, Lands and Planning

John Sroufe, GCDB branch chief, Division of Geographic Sciences to deputy state director, Cadastral Survey and Geomatics

Orrin Frederick, land surveyor to GCDB branch chief

Dominica VanKoten, land surveyor, survey planning and prep. branch to section chief, navigability section

In Memoriam

Jeffery Borhauer, geologist, Juneau-John Rishel Mineral Information Center, died Sept. 29 of a heart attack

Derry Burnett, supply technician, AFS

Lynda Ehrhardt, retired adjudicator, Conveyances, died Oct. 21

John Santora, former Joint Pipeline authorized officer, died Aug. 9 of liver cancer

Mary Stickman, Galena Fire Zone, Alaska Fire Service died Oct. 1

Roy Walker, EEO officer, died from cancer Aug. 19

Andy Williams, fire information specialist, AFS, 61, died in Fairbanks in September after a six-month battle with pancreatic cancer.

Kim Mincer, Thom Jennings, and Dwayne Richardson (not shown) were responsible for the amazing multimedia program at the all employees meeting in December in Anchorage.



HEALTH



Stroke Prevention

Stroke research recommends men ages 50 – 60 undergo routine ultrasound screening to detect carotid artery disease before a stroke occurs. It is recommended that men and women with diabetes, hypertension or a family history of stroke undergo routine screening at even younger ages.

About 500,000 strokes occur each year in the U.S. About 20 – 30 % can be attributed to carotid artery disease or the narrowing of the carotid arteries due to plaque buildup. Carotid artery disease has no symptoms until plaque breaks off and lodges within the artery. Without broader intervention, such as the use of carotid stent placement, it is predicted that stroke will soon surpass heart disease and cancer as the leading cause of adult disability and premature death.

Source: HeartCenter Online

Fitness Center Looks to Expansion

At this year's fitness center annual meeting, held Oct. 20, more than 100 members and guests dined on catered food and learned

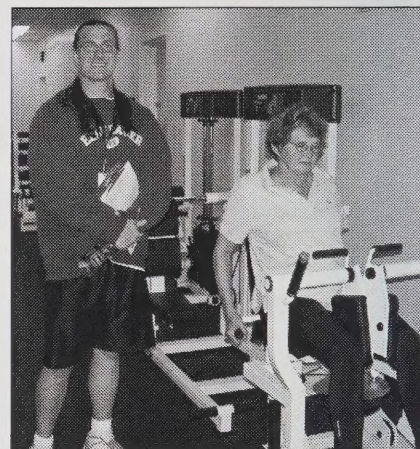
of plans to expand the workout space at the Anchorage Federal Building. The Fitness Center's President Jay Van Alstine explained that the adjacent space is vacant and available and the fitness committee is pursuing its acquisition through GSA.

Members were introduced to Kenny Payne, the center's newly hired fitness trainer who spoke about his services and the value of fitness. A subcommittee was

Fitness trainer Kenny Payne oversees Dot Tideman's workout.



formed to reevaluate the center's equipment needs; T-shirts, waterbottles and \$500 worth of door prizes were handed out at the meeting.



Alaska People

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